

Claims

1. An exerciser for physiotherapy or general exercise, the exerciser comprising a skid with a slide surface upon one side and a grip upon the other side whereby a user can perform oscillatory motions by resting a limb upon the grip.
2. An exerciser as claimed in claim 1 wherein the slide surface is flat.
3. An exerciser as claimed in claim 1 wherein the slide surface is curved.
4. An exerciser as claimed in claim 3 wherein slide surface is curved in a side to side direction or front to back direction or both directions.
5. An exerciser as claimed in any preceding claim wherein the skid is a unitary moulding.
6. An exerciser as claimed in any of claims 1 to 4 wherein the skid is stamped or machined to provide an appropriate shape.
7. An exerciser as claimed in any preceding claim wherein the skid is formed from a plastics or metal material.
8. An exerciser as claimed in any preceding claim wherein the skid is rendered suitable for heat sterilisation.
9. An exerciser as claimed in any preceding claim wherein the skid includes an insert to provide the grip.
10. An exerciser as claimed in claim 9 wherein the insert is disposable.
11. An exerciser as claimed in claim 9 or claim 10 wherein the insert is specifically shaped for a user's requirements in terms of the limb used or exercise required.

12. An exerciser as claimed in any of claims 9 to 11 wherein a number of different insert shapes are secured to or moulded into the skid in order to provide the exerciser.

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13. An exerciser as claimed in any preceding claim wherein the skid may is a dimpled or cross-hatched or has a ribbed surface to provide the grip.

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14. An exerciser as claimed in any preceding claim wherein the skid is a generally round, oblong, polygon or rectangular shape.

15. An exerciser as claimed in any preceding claim wherein the grip is provided by a non-slip elastomeric material.

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16. An exerciser as claimed in claim 15 wherein that elastomeric material is a polyvinyl chloride (PVC) material.

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17. An exerciser as claimed in any preceding claim wherein the skid has an upturned curved rim away from the slide surface to prevent snagging of the exerciser during use.

18. An exerciser as claimed in claim 17 wherein the upturned rim provides a dished configuration for the skid which cooperates with the grip in use.

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19. An exerciser as claimed in any preceding claim wherein the skid incorporates a cushioning material between the grip and the slide surface.

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20. An exerciser as claimed in any preceding claim wherein the slide surface includes guide ribs or keels to facilitate a preferred direction of slide for the exerciser.

21. An exerciser as claimed in any preceding claim wherein the grip is shaped to reciprocally engage a limb contour.

22. An exerciser as claimed in claim 21 wherein the grip is shaped to include an open aspect to receive an Achilles tendon of an ankle or elbow joint of an arm.

23. An exerciser as claimed in any preceding claim wherein the slide side
5 comprises spaced rails or fins incorporating detent apertures to accommodate roller means.

24. An exerciser as claimed in claim 23 wherein the roller means will
incorporate bearings to enter the detent apertures to allow rotation of the roller
10 means and therefore effective slide of the exerciser, particularly upon hard floors.

25. An exerciser as claimed in claim 23 or claim 24 wherein the roller means
include roller surfaces having a higher friction coefficient to facilitate rolling of the
slide surface.

15 26. An exerciser as claimed in any of claims 23, 24 or 25 wherein the detent
apertures will be bulbous to allow snap fitting of the roller means within the rails
or fins.

20 27. An exerciser as claimed in any of claims 23 to 26 wherein the roller means
will only extend marginally below the rails or fins such that those rails or fins
provide stability and guidance for the exerciser.

28. An exerciser as claimed in any of claims 23 to 27 wherein the rollers
25 incorporate inertia brakes to limit slide distance or arc or rate of slide.

29. An exerciser as claimed in claim 28 wherein such brakes incorporate
means to limit the number of rotations of the roller or the speed of such rotation
through the inertia brake.

30 30. An exerciser substantially as hereinbefore described with reference to the
accompanying drawings.

31. Any novel subject matter or combination including novel subject matter disclosed herein, whether or not within the scope of or relating to the same invention as any of the preceding claims.